



Meditation and Stress Reduction Techniques for Adults

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Certification in Meditation and Mindfulness Program
Certified Mindfulness Instructor for Children
Certified Child Meditation Facilitator
Certification in Kids Yoga Teacher Training Module 1

Do you feel anxious or worried? Do you wish that you could reduce stress at work or at home? Do you want to learn how to let go of stress? Do you want to feel better about yourself? Do you want more harmony in your relationships with family, colleagues or others? Do you wish you had more control of your habits?

These sessions offer simple tools that you can learn to be less anxious or worried, rise above stressful circumstances, get along better with difficult people, feel better about yourself and be more in control of your habits.

You will learn about and practice stress reduction techniques, including meditation and mindfulness, in these 4 sessions; 1 hr per session. There is a lot of variety offered!

Session #	Topic
1	Where in your body do you feel stress?
2	Letting Go
3	Mastering Your Mind
4	Having Control of Your Habits

Testimonials:

1. "Learned how to calm the mind and live more in the present." -Lana
2. "The workshop provided a lot of practical advice that I feel I can apply in my own life".-Madeleine
3. "Learning to let go of things." -Sylvie

**Attend all 4 Sessions!
Learn and practice the techniques!**

Session #1: Saturday, March 25 (2-3pm)

Kam Tello will be teaching the first session at the Down Syndrome Association of Hamilton (26-1/2 Hatt Street, Dundas). Join us in person! (You also have the option to join via live webcast.)

Session #2, 3, 4 are taught on Wednesdays in April (5, 12, 19) from 7-8pm online via live webcast. You also have the option to join the live webcast at the Down Syndrome Association of Hamilton office.

Each session includes:

- a. Topic discussion
- b. Breathing exercise
- c. Meditation
- d. Mindfulness
- e. Mindful yoga movements (low intensity)

Register early!

Open to all adult members of the Down Syndrome Association of Hamilton

Registration deadline: March 18

- Reserve your spot to participate at the Down Syndrome Association of Hamilton office. You may also participate by joining the live webcasts online.
- Please complete registration form if you are interested in participating in the sessions. To register, email communications@dsah.ca